

High Protein Liquid Meal Plan: 7-10 days after surgery

The high protein liquid meal plan is the first meal plan after surgery and is designed to ensure adequate hydration, nutrition and promote healing. Follow this meal plan until your next post-operative appointment.

Follow the steps outlined below to make appropriate food choices while on the liquid meal plan

Step 1: Drink an 8 oz. protein supplement 3 times daily

You can purchase ready-made protein supplements or make your own. A supplement list and recipes are provided at the end of this meal plan.

Step 2: Sip fluids throughout the day; totaling at least 48-64 oz. (6-8 cups) daily

Example: Drink 24 oz. of protein supplements (from step 1) + at least another 24 oz. or more additional fluids throughout the day
Recommended fluids are sugar-free, non-carbonated and decaffeinated

- Water – suggested to drink mostly plain water
- Decaf coffee
- Unsweetened decaf or herbal tea
- Broth
- Sugar-free popsicles
- Sugar-free gelatin
- Sugar-free, non-carbonated beverage

Not getting the recommended daily fluid intake can cause:

- Nausea
- Headaches
- Decreased energy levels
- Constipation

Step 3: Select 1 item of protein food; ¼ - ½ cup, serving size

As tolerated, add protein food in between protein supplements

- Soup: 98% fat-free condensed cream soup; prepare with fat-free or 1% milk; strain through wire or mesh strainer before eating
- Broth: include 1 scoop, unflavored protein powder
- Milk: fat-free or 1%
- Soymilk: plain or vanilla
- Lactaid milk: fat-free or 1%
- Yogurt: plain (unflavored), low fat
- Smooth flavored, light yogurt: low-fat (without fruit pieces), sweetened with sugar substitute
- Greek yogurt: plain or smooth (without fruit pieces) low-fat, sweetened with sugar substitute
- Pudding (homemade): made with low-fat milk, sugar-free or no added sugar (can use sugar-free pudding mix)

IMPORTANT REMINDERS:

- Consume 3 protein supplements daily
 - Take 30-60 minutes to consume each supplement
 - If tolerated, add items from protein food list between supplements
- Keep hydrated!
 - Consume 48-64 fluid oz. per day
 - Sip water throughout the day
- All foods must be smooth, liquid consistency
- All fluids must be sugar-free, decaffeinated and non-carbonated
- Choose from foods recommended in this meal plan
- Avoid straws
- Omit alcohol

Sample Meal Plan for Liquid High Protein Meal Plan

Approximate Time	Food	Fluids
8:00 am	1 protein supplement (8 oz.)	Drink an additional 3 cups (24 oz.) or more of fluids throughout the day
10:30 am	1 item from protein food list	
1:00 pm	1 protein supplement (8 oz.)	
3:00 pm	1 item from protein food list	
6:00 pm	1 protein supplement (8 oz.)	

****Set a timer throughout the day to remind yourself to eat and drink fluids.**

Protein Supplement Guidelines: approximately 8 oz. per serving

- Must contain 16-28 grams of protein with < 5 grams of sugar and < 5 grams of fat
- Mixing protein powders with 1 cup low-fat dairy will add additional 8 grams of protein
- Mixing protein shake with water or unsweetened nut milk does not add additional protein

** Protein supplements are not covered by insurance. You will need to purchase them separately.**

Protein Supplement Recipes

Creamy Mushroom Soup

1. Purchase Amy's Organic Cream of Mushroom soup
2. Cook soup per can directions; mix with 1 cup low-fat milk
3. Strain chunks
4. Mix $\frac{3}{4}$ -1 cup soup with $\frac{3}{4}$ -1 scoop protein powder
5. Stir or blend with blender

Hot Decaffeinated Coffee Mocha Shake

1. Mix 1 scoop unflavored protein powder with 2 tbsp. hot water. Stir until smooth paste consistency.
2. Add 6-8 oz. hot decaffeinated coffee
3. Add 1 tsp unsweetened cocoa powder
4. Stir until liquid consistency (no clumps)

Perfect Strawberry Protein Shake

1. Pour 8 oz. of soy milk or low-fat milk into a blender
2. Add 1 scoop protein powder (plain or vanilla)
3. Add 1 Tbsp. sugar-free strawberry jelly
4. Add $\frac{1}{4}$ tsp vanilla extract
5. Blend with 2-4 ice cubes until smooth

Pumpkin Pie Protein Shake

1. Pour 8 oz. of low-fat milk into a blender
2. Add in $\frac{1}{3}$ cup pumpkin puree (not pie filling)
3. Add 1 scoop vanilla protein powder
4. Add 1 tsp. granulated Stevia
5. Add $\frac{1}{8}$ tsp. pumpkin spice
6. Blend with 1 cup of ice until smooth

Chocolate Peanut Butter Dream Shake

1. Pour 8 oz. low-fat milk/soy milk or plain, low-fat plain yogurt into a blender
2. Add 1 scoop protein powder (plain or vanilla)
3. Add 1 Tbsp. peanut butter powder
4. Add 1 tsp. unsweetened cocoa powder
5. Blend until smooth

Hazelnut Cinnamon Smoothie

1. Pour $\frac{1}{2}$ cup low-fat or soy milk into a blender
2. Add $\frac{1}{4}$ cup plain Greek yogurt
3. Add 1 scoop protein powder (plain, vanilla or chocolate)
4. Add 1 Tbsp. sugar-free hazelnut coffee creamer
5. Add $\frac{1}{4}$ tsp. ground cinnamon
6. Blend in until smooth